

	BREAKFAST	LUNCH	DINNER
M O N	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy	Vegetable Soup Navy Bean Soup Reuben Sandwiches Sweet & Sour Ribs Fried Rice Green Peas Baby Carrots	Soup Du Jour Chicken and Dumplings Steamed Rice Italian Green Beans Squash and Onions Dinner Rolls
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash Lyonnaise Potatoes French Toast Biscuits/Breakfast Gravy	Tomato Rice Soup Cream of Potato Soup Beef Stew / Rice Sliced Deli Meats/Assorted Cheese Assorted Chips Succotash Spinach	Soup Du Jour Country Fried Steak Mash Potatoes & Country Gravy Broccoli OR Eggs to Order Biscuit Breakfast Fried Rice
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Patties Creamed Chipped Beef Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Chicken Noodle Soup Split Pea Soup 3 Cheese Ravioli W/ Sauce Roast Turkey Breast Cornbread Dressing Corn Nuggets Okra and Tomatoes	Soup Du Jour Meat Loaf/Tomato Sauce Rice/Mashed Potatoes Gravy Cabbage Asparagus Casserole Cornbread
T H U R S	Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Corned Beef Hash O’Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy	Chili with Beans Cream of Mushroom Soup Yakisoba Beef Italian Sausage w/Peppers Smothered Potatoes Fried Eggplant Steamed Beets Garlic Bread	Soup Du Jour Grilled Ham Steaks Au Gratin Potatoes Peas and Mushrooms Lima Beans Panini Roll
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Fish Chowder Chicken Rice Soup Herb Baked Fish Sausage and Sauer Kraut Onion Rings Chili Cheesy Corn Peas	Soup Du Jour Pepper Steak Steamed Rice Zucchini Seasoned Green Beans Breadsticks
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Patties Creamed Ground Beef Lyonnaise Potatoes Buttermilk Pancake Biscuit/Breakfast Gravy	Cream of Corn Soup Pinto Bean Soup Stuffed Peppers Liver & Onions Loaded Potato Casserole Mixed Vegetables Blackeye Peas	Soup Du Jour Fried Chicken Mashed Potatoes/Rice Brown Gravy Corn on the Cob Collard Greens Cornbread
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Oven Baked Bacon Baked Beans/Cornbread Hashbrowns Biscuit/Breakfast Gravy	Cream of Celery Soup Gumbo Soup Veal Parmesan/Angel Hair Pasta Grilled Tuna Oven Roasted Potatoes Steamed Asparagus Country Corn Breadsticks	Soup Du Jour Roast Beef/ Mushroom Gravy Baked Potato Brussel Sprouts Carrot Amandine Horseradish Panini Rolls

DESSERTS

Mon	Boston Cream Pie	DL Coconut Cream Pie, No Sugar Added
Tues	Angel Food Cake	DL Peach Pie, No Sugar Added
Wed	Peanut Butter Cookie	DL Peanut Butter Cookie, Sugar Free
Thurs	Carrot Cake	DL Chocolate Cake, No Sugar Added
Fri	Bread Pudding	DL Cherry Pie, No Sugar Added
Sat	Chocolate Layer Cake	DL Choc Chip Cookie, Sugar Free
Sun	Lemon Cream Cake	DL Cheesecake, No Sugar Added

DAILY SHORT ORDER LINE

Grilled Hamburger
Grilled Hotdog (M,T,Th,F,S,Su)
Grilled Chicken Breast
Grilled Cheese Sandwich
Sauerkraut/Chili
Lettuce/Tomato/Onion
Steak Fries
Assorted Cold Cuts (Wed Only)

Diet Line Menu #2 – : 1-5-09 to 1-11-09

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for one-on-one consultation.

	BREAKFAST	LUNCH	DINNER
M O N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Ham Slices Biscuit/DL Gravy	DL Vegetable Soup DL Braised Ribs DL Fried Rice Oriental Vegetables Baby Carrots	Soup Du Jour Chicken on Stick with Vegetables Brown Rice DL Gravy Italian Green Beans Squash w/Onions Dinner Rolls
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Cream of Potato Soup DL Beef Stew Steamed Rice/DL Mashed Potatoes Snow Peas Spinach	Soup Du Jour DL Lemon Baked Fish Breakfast Fried Rice Okra & Tomatoes Broccoli Panini Rolls
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Patties Biscuit/DL Gravy	DL Chicken Noodle Soup Roast Turkey Breast Yellow Rice Kale Peas & Onions	Soup Du Jour DL Chicken Marsela DL Mashed Potatoes/Rice Cabbage Asparagus
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Cream of Mushroom Soup DL Beef Lo Mein DL Smothered Potatoes Cauliflower Steamed Beets Garlic Bread	Soup Du Jour Roast Pork Loin DL Au Gratin Potatoes Steamed Carrots Panini Roll California Blend Vegetables
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Chicken and Rice Soup DL Herb Baked Fish DL Mashed Potatoes Green Beans Squash Medley	Soup Du Jour Vegetable Stew Brown Rice Turnip Greens Breadsticks
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Pinto Bean Soup DL Stuffed Peppers DL Potato Casserole Brussel Sprouts Stewed Tomatoes	Soup Du Jour Baked Chicken/DL Gravy Mashed Potatoes/Rice Harvard Bets Zucchini Cornbread
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Cream of Celery Soup DL Grilled Tuna Oven Roasted Potatoes Asparagus Sugar Snaps Breadsticks	Soup Du Jour Roast Beef/ Mushroom Gravy Baked Potato Broccoli Carrots Almandine Panini Rolls

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno or Banana Peppers, Sugar Free Jello

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

Mon: Pineapple Chunks, Macaroni Salad
Wed: Pear Halves, Potato Salad
Fri: Apricot Halves, Three Beans Salad
Sun: Fruit Cocktail, Carrot & Raisin Salad

Tue: Peach Slices, Marinated Cucumbers
Thurs: Pineapple Slices, German Tomato Salad
Sat: Mandarin Oranges, Pasta Salad